

# WELLNESS 4 LIFE COURSES

Strength Training

Flex n Tone

Wellness 4 Life

# Strength Training

- Train 4 Days A Week
- Learn About Proper Nutrition
- Learn To Design Workouts



# Get Strong...Get Fit



- “Strength training has changed my life.” Lima
- “I saw great results in a matter of weeks.” Cason
- “This is a great course for athletes.” Carloni

# Under the guidance of Trainers



- Create a Safe Environment
- Ensure Correct Technique
- Motivate to do Your Best

# Female Strength Training

Last Period Of The Day

Train With Your Peers



# Flex n Tone

FULL BODY WORKOUTS



COMBINED WITH YOGA



# WELLNESS

ENJOY TEAM SPORTS



LIFETIME ACTIVITIES



# Sign up Today!

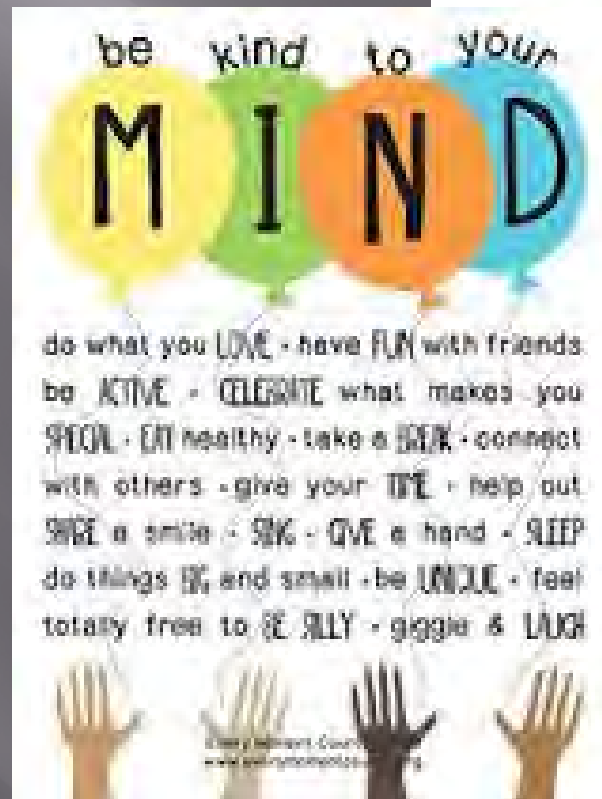




# Health

Everyone needs 1 semester of Health before graduation

Open to grades 9- 12



# Also available

## Intro to Musculoskeletal Anatomy

